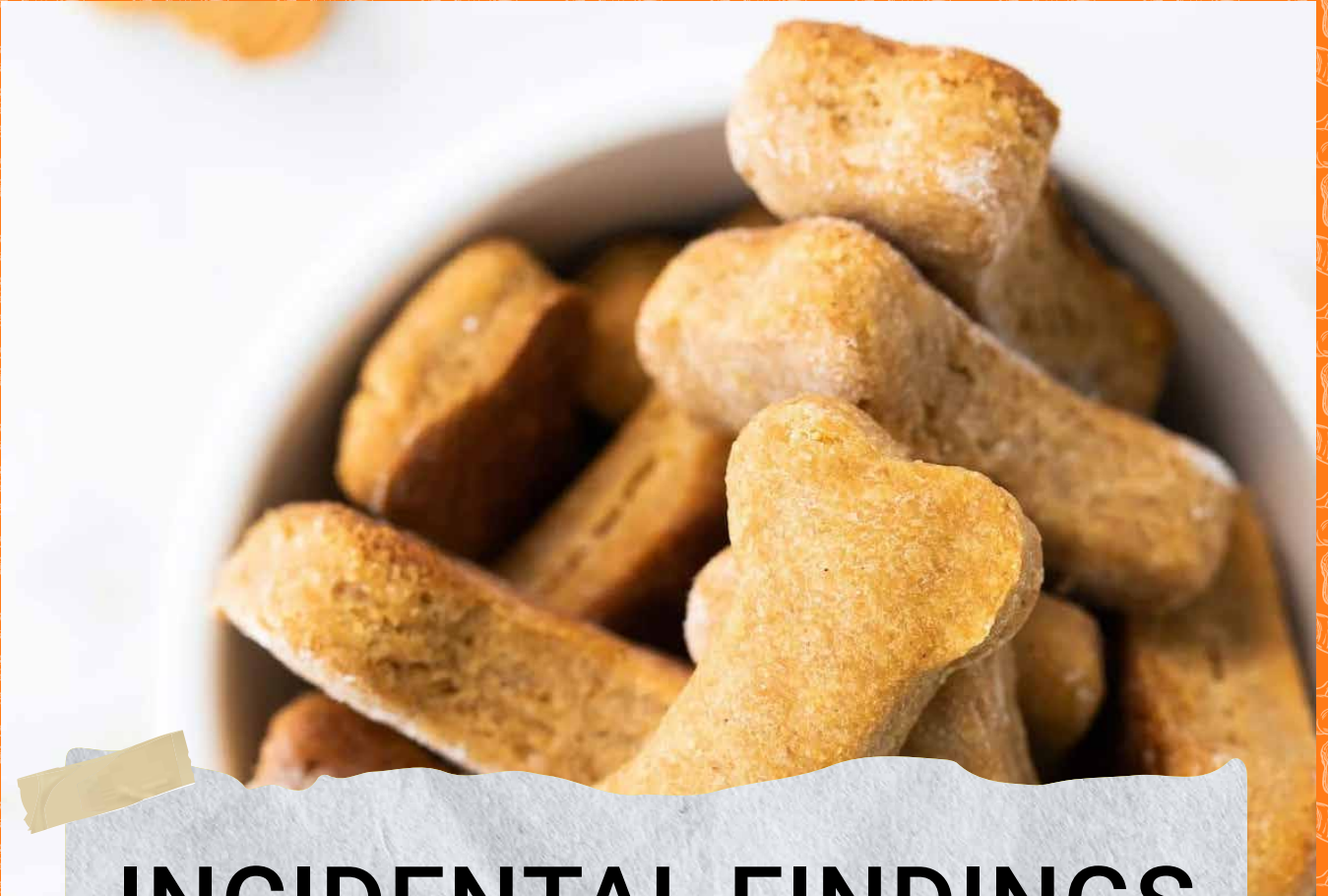


Chapter 9



INCIDENTAL FINDINGS

(miscellaneous)

Homemade Muesli

GERRIT STOLS



RECIPE

In a pan or wok, roast plain or rolled oats (about 4 or 5 cups) in 2 tbsp of honey.

Add to taste and roast:

Pumpkin pips

Coconut flakes

Any seeds you like

Raw nuts

Stir thoroughly and allow to cool down.

Then add raisins and cranberries if you like.

Keep in an airtight container.

Home Made Hand Sanitizer

DAVID MAHAPANE

RECIPE

Chemicals:

-Isopropyl alcohol 99.8%: 7515 ml

-Glycerol 98%: 145ml

-Hydrogen peroxide 3%: 4ml

- Distilled water

Apparatus

-Measuring cylinder indicating 10 000ml, 200ml and 10ml

-Volumetric Flask: 10L

-Chemical bottles 5000ml X2

Method

1. Pour the alcohol into the flask, having measured out the 7515ml in the measuring cylinder.
2. Add Glycerol to the volumetric flask.
3. Add Hydrogen peroxide in the same 10L volumetric flask.
4. Fill the volumetric flask to the calibration mark with distilled water.
5. Place the cap on the volumetric flask to close and gently mix the solution.
6. Pour the solution into two 5000 ml chemical bottles and store the solution for 72 hours before use.

Dog Biscuits

SONJA VAN PUTTEN

(but actually, friend Karina C.)

RECIPE

1c flour

1c Nutty wheat flour

1 egg

Ina Paarman chicken stock powder -
use own discretion

50ml oil

A bit of water to make a stiff dough

Roll into balls and then press down
with a fork on a baking sheet.

Bake at 180°C until dry and golden
in colour.





Decadent hot chocolate

JESS VAN PUTTEN



INGREDIENTS

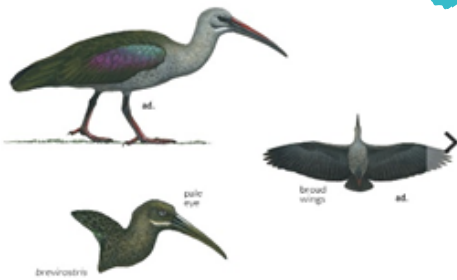
1½ cups of full cream milk
 ½ cup of cream
 225g of 70% dark chocolate
 2 tsp icing sugar
 Half a teaspoon of espresso powder
 Extra whipped cream to garnish

RECIPE

Heat the milk and cream in a saucepan, do not let it boil. Remove from the heat and add the chocolate. Stir till the chocolate is melted and fully incorporated. Add the icing sugar and espresso powder and stir thoroughly. Garnish with whipped cream and serve hot.

Hadedda recipe

JESS VAN PUTTEN



Normally the hadeda is protected game and it is illegal in South Africa to kill one for the purpose of consuming it. Should you happen to kill one anyway and want to cook it up, here is the recipe to do so.

INGREDIENTS

1 Cup chopped onions
 1 Cup chopped carrots
 1 Cup shredded cabbage
 5 Potatoes, peeled and cut up
 25 Cups water
 Salt and spices to taste

RECIPE

Since the hadeda is a large bird, the only way to cook it is by using a cast iron pot. Before cooking make sure all the feathers have been removed as well as the giblets / inner organs. Make a fire and put the pot onto the fire to start the cooking process. Add the bird and the water and bring to the boil. Once boiling add the potatoes and carrots. Leave to cook for at least 5 hours. If you notice the water level is getting low during the cooking process, add more water. Add the cabbage and onions and leave for another 3 hours. Test the bird to see if it is tender. It probably won't be, as it is a very tough bird. Add more water when required.

Continue with the process until the cast iron pot becomes tender, then throw away the hadeda and eat the pot.

HADEDA (HADADA) IBIS

Bostrychia hagedash

AFRIKAANS: Hadedda

bbb | bbbbbb
 J F M A M J J A S O N D

76–85 cm; 1–1.5 kg

Description

A large, stout, grey-brown ibis with glossy bronze-green wing coverts. Grey face has whitish stripe running from bill to below and behind eye. Shortish, deep bill is dark grey with a red ridge on the upper mandible. Northern populations of the subspecies *B. h. brevirostris* have white eyes and more obvious white cheek stripes. In flight, wings broad; neck and legs short compared to Glossy Ibis. Juv. has duller, shorter bill.

Voice

Noisy; gives a raucous 'ha-da' or 'ha-ha-da-da' call in flight and when flushed.

Status and biology

Common resident and nomad in forest clearings, woodland, savanna, grassland, farmland and suburbia. Range has expanded westward in recent years, apparently in response to human habitat modification, especially irrigation. Usually in small parties; roosts and breeds in trees.

